



Research Paper

Effect of Group Counselling Programme on Anxiety of Parentally Bereaved Adolescents

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ABSTRACT

Bereavement is viewed as the most stressful life function, and it turns out to be especially troubling when it concerns the passing of a parent, such a function is awful to youngsters. The writing proposes different intercessions for deprived adolescents including singular advising, music treatment, and group counselling programme. The current research paper intends to analyze the impact of a group counseling programme on anxiety of parentally bereaved adolescents. For this purpose Anxiety was measured with the help of SCAT anxiety scale, developed by A. K. P. Sinha and L. N. K. Sinha. The total sample comprises 40 adolescents (20 boys and 20 girls) whose parent's demise. It is a pre post control group design so that two groups are formed. First group is experimental group which is consisted 20 subjects (10 boys and 10 girls) who suffer with parental death. Group counseling programme is exposed to the experimental group for the duration of ten weeks. Second group is control group which have 20 subjects (10 boys and 10 girls) who suffer with parental death which have no such exposure. Mean, SD and T-test are used to analyze the data. Results clearly show that the level of anxiety noticeably decreased in subjects of experimental group after exposure of therapeutic sessions as compared to control group.

KEYWORDS: Bereavement, Group counselling Programme, Anxiety, Adolescents.

I. INTRODUCTION

Parent's role is very important in up-bringing of the children as psychologically as well as sociologically view point. Children who got full attention, affection and emotional support by their parents, they develop with perfect and healthy personality. Accordingly death is a natural phenomenon, nobody can curb it but when it is happened everything is changed in family members' life. Losing a loved one, whatever the cause is usually a traumatic experience. The death of a parent is more traumatic. This is the worst thing a child can imagine. When this happened, the world turned upside down. When security is shaken and pain cannot be overcome, this traumatic event will hit the child deeply for the rest of his life. The loss of parents represents a profound psychological trauma that pretends child's social and emotional development. Considerable clinical and research attention has been directed towards understanding the long and short-term consequences of parent's loss during the childhood. Most of the parental loss involves painful transitions and numerous challenges before children. Adolescents are an especially at risk grow as they struggle to adapt the complexities involved in their own developmental changes as well as being confronted with the possible loss of support and parental guidance needed to negotiate this crucial stage of childhood development successfully. Lack of parents guidance their development is disrupted that's why the problem arises such as insecure, alone and show immaturity of behavior. Parent's loss may bring emotional suffering like anxiety disorder and depression.

This underlines the need of group counselling to help adolescents who through the complex impact of their parent's death. If educators have the responsibilities to teach children how to realize their potential and how to deal with developmental crisis as occur. No one can ignore the sizeable crisis in a adolescent's life caused by the death of their parents. Present Researcher is focused on the level of anxiety of adolescents which is occurred due to death of their parents and resolves it by group counseling programme.

Abuhegazy and Elkeshishi (2017) examined the effect of a support group therapy for parentally bereaved youth on self concept, and symptoms of depression and anxiety. The sample of the study have been collected from 4 governmental schools at Cairo, and the interventions given between September 2012 and July 2013, participants were students in grades 7th, and 8th who had experienced the death of one parent for 1 year. School based systematically delivered supportive therapy groups for bereaved youth found to be effective in reducing anxiety and depression symptoms as well in enhancing their perceived self concept. Feiss et al.

(2019), the present study included intervention programs in general adolescent populations (community samples) as well as selected adolescent populations (samples based on self-selection or screening, for instance on high stress or anxiety levels), given the potential of targeted interventions to be more efficient and to address problems early on (Offord 2000).

II. METHODOLOGY

Problem:

The purpose of this study is to present a group counselling programme for adolescents who suffer with the parent's death and to create supportive group atmosphere in which adolescents can share feelings, clarify common misconceptions, responsibilities after the death of the parent and reduce feelings of isolation. Counselling Programme has been design in this way that help to acquisition of problem solving communication reduce feelings of anxiety and improve psychological health of adolescents after the death of their parents.

Hypothesis:

The group counselling programme will helpful to reduce the level of anxiety and improve psychological health of adolescents after the death of their parents.

III. METHOD

Research Design:

Pre-Post control group design is followed to assess the effect of group counselling programme on anxiety and facilitate the self understanding. It is ensuring all the conditions have been constant during all the sessions. There are two treatment groups, first is experimental group and second is control group.

Participants:

The total sample comprises 40 adolescents (20 boys and 20 girls) whose parent's demise, selection of students were based on initial interview of their family members or care taker, by the interview researcher gathered essential background information. There are two treatment group according to research. First group is experimental group which is consisted 20 subjects (10 boys and 10 girls) who suffer with parental death. Group counselling programme is exposed for the duration of ten weeks. Second group is also consisted 20 subjects (10 boys and 10 girls) who suffer with parental death is select for control group which have no such exposure.

Material:

The SCAT anxiety scale is very useful tool to determine the permanence of very high or very low anxiety levels, the participant's sensitivity to therapy, stress or other conditions and situations. The test has been developed by A. K. P. Sinha and L. N. K. Sinha. This widely used test has sound reliability (test retest 0.85) and internal consistency (0.92). The validity of this scale is 0.62. For any response indicated by 'yes', a score of one, and for every 'no' response, a score of zero is awarded. The total of all the positive responses gives the total anxiety score of an individual.

Procedure:

Although this research is based on a school-based group counselling programme, as members is selected from different schools in the area, meetings held at one particular school on afternoon, after official school hours. An initial interview conducted with the respondent and their custodial parent of each of the participants personally, to explain the group process, get their permission in writing and to obtain certain background information. During this interview, the researcher was trying to know their feelings, beliefs and attitudes towards their parents' death. The intervention programme is explained to the respondents, detailing group objective, time of each session and the duration of the programme, The respondents is given the choice to join the programme or not. Twenty members are selected as a subject to fill the anxiety scale. The test is again administered at the end of the ten sessions of group counseling programme. Gratitude was paid after completion the entire procedure to the subjects.

IV. RESULTS & DISCUSSION

The data was collected by the administration of anxiety questionnaire is analysed by different statistical techniques, Mean, Sd and t-test. The mean scores of the pre-test and post-test between the experimental and control group have been compared respectively. T-test has calculated to see the significant difference between the pre and post tests scores of experimental and control group. The standard deviation was also computed for the pre-test and post test results of both the groups.

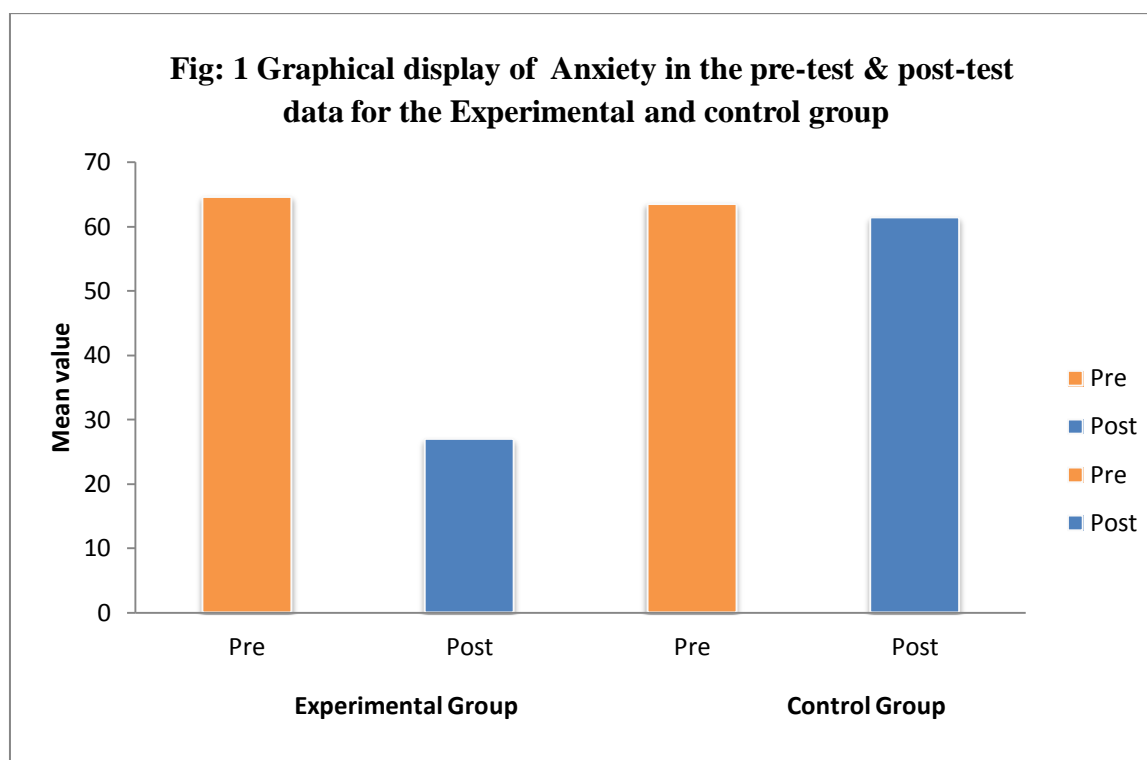
Table: 1
Showing comparison of mean scores of pre and post test of Experimental and Control group of Anxiety

Variable	Group	Test	Mean	SD	t-test value
Anxiety	Experimental Group	Pre	64.6	12.46	6.35**
		Post	27	6	
	Control Group	Pre	63.5	13.20	0.08
		Post	61.4	14.23	

The table no 4.1 clearly illustrates that the Anxiety level of the experimental group has been reduced after implemented the group counseling Intervention programme, as the Mean score before (pre) and after (post) the intervention were observed to be 64.6 and 27 respectively and the t value for anxiety is 6.35 which is significant at .01 level of confidence. It means before intervention anxiety level is higher but after intervention anxiety level has been slighter as on same group which is indicated that the group counselling has been effective and has shown good results on the sample population taken for the study.

Now the question arise how group counseling programme are helpful to eliminate anxiety of adolescents. So the suggestive answer may be that adolescent's stage is a stage of transformation. The influence of society and friends are plays important roles to make the personality. The group members were all in the same age so that friendly environment has been created earlier, they started to share their worries, problems and try to help once another from cope up the critical situation so researcher has been taken into consideration and make the design of group counselling programme. Audrey (2021) determined whether childhood parental death and childhood parental separation are linked to lifetime depressive and anxiety disorders after controlling for related risk factors. Participants were 105 individuals from the community, including a group with separation/desertion from a parent, a group with childhood parental death, and a matched control group whose parents remained married and living together. These findings indicate that parental death may be a specific risk factor for anxiety disorders.

In the same table, mean value of pre data of control group is $M=63.5$ and mean value of post data of control group is $M=61.4$. The comparison between two means has yielded t-value 0.08 which is not significant at any level of confidence respectively. It demonstrates an insignificant reduction in Anxiety in the pretest and post test results between the groups which indicate that there is a need for group counseling programme as the condition of the subject in the control group has not shown any significant improvement. Calculating the 't' score, it was found that this valuable difference is much significant in the experimental group and was insignificant in the control group. Meghna (2018) has indicated that the counseling intervention has been instrumental in the reduction of the symptomologies and the treatment has been successful with the experimental group therefore the post testing data has displayed significant reductions where as in the control group which was left untouched there is no display of any significant change in their condition. The results are graphically displayed in figure 4.1.



The graphical display above depicts the mean scores of the pre and post test between the experimental and control group and clearly indicates the difference among the groups

V. CONCLUSION:

The result of present study clearly revealed that the level of anxiety in subjects of experimental group has been noticeably decreased after exposure of therapeutic sessions as compared to control group. The group counselling programme helped the members to identify some of the areas that were causing them anxiety. The process encouraged the members to explore their feelings of parental loss and supported their individuation and separation from their parents, maintaining.

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